

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Healthy You magazines, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Mission Central's "Contact Us" page where you can comment about anything, including this email, ask a question or share a story.

## [Our Nurses Celebrate Certification](#)

Congratulations to all nursing colleagues who have earned or maintained nursing board certification.

## [Do You Trust Me?](#)

Learn "The 5 Keys to Trust" and build strong relationships with colleagues.

## [Epic Preparation: It's all in the Attitude](#)

Begin thinking about how you will make your transition to Epic as smooth as possible.

## [Wellness: You Choose What's Next](#)

It's your turn to pick upcoming Wellness Wednesday topics.

## [Rohit Sharma, MD, Feels Bond With Cancer Patients – VIDEO](#)

He chose to become a surgical oncologist after his mother died of pancreatic cancer.



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a blog on [LVHN.org](http://LVHN.org) containing  
timely health information and  
health network news.

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## Our Nurses Celebrate Certification

Congratulations to all Lehigh Valley Health Network (LVHN) nursing colleagues who have earned or maintained nursing board certification. Last Wednesday, approximately 200 nurses attended a Certification Tea at [Lehigh Valley Hospital \(LVH\)-Cedar Crest](#) to celebrate their professional excellence milestone on Certified Nurses Day. See photos from this event below. Over the last two weeks, certified nurse colleagues at [LVH-17th Street](#) and [LVH-Muhlenberg](#) also celebrated certification with afternoon teas hosted by Anne Panik, RN, chief nursing officer and senior vice president for patient care services.

"In 2013, 65 LVHN nurses earned new certifications," says nursing excellence specialist Patricia Hoak, RN. "Overall, nearly 700 of our nurses are board certified in their specialty."

In addition, individual units, such as progressive coronary care (PCCU), surprised certified nurses with recognition. "We gave our PCCN (progressive coronary care nurse) certified nurses gifts imprinted with 'PCCN' on them," says PCCU patient care services director Kathleen Katz, RN. "We also have a 'wall of honor' which identifies our certified nurses to unit visitors and patients."

Nurses across a spectrum of care areas at LVHN, including a wide variety of specialties, have earned certification.



Picture 1 of 4

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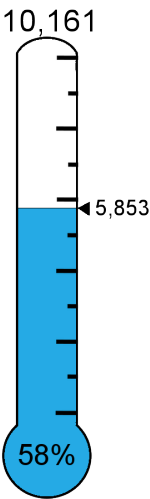
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Anne Panik, RN congratulates certified nurses at the Certification Tea, held at LVH-Cedar Crest on Wednesday, March 19.

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### KEYWORDS

This entry was posted by [Jenn Fisher](#) on March 24, 2014 at 2:32 pm, and is filed under [Celebrate, Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

One comment

Kim Hitchings 42 DAYS AGO

Evidence shows that nurses who are board certified in their practice specialty positively impact patient outcomes.

Thank you to all certified nurse colleagues who have demonstrated their commitment to exemplary patient care through certification.

Congratulations to the recipients of the 2014 Friends of Nursing Betty E. Andersen, RN, Award for Professional Nursing Certification, which recognizes a department with the highest number of board certified nurses. This year's award recipients are the GI/Pulmonary Endoscopy Unit staff members, with 18 of 23 — 78 per cent — eligible staff board certified!

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## Do You Trust Me?

This post is from **Andy Cook, Jack Dunleavy and Gerry McGlinn, organizational development consultants.**

*Organizational development is the Lehigh Valley Health Network department that partners with colleagues to facilitate successful, network-aligned change at the individual, team and organizational levels.*

More and more these days, you are hearing about the importance of trust in the workplace. During our 2011 Colleague Forums, you said you need trust (along with time and teamwork) to be at your best. As an outcome of our 2013 Employee Survey results, many colleagues are finding ways to restore and improve trust in their professional relationships, particularly in relationships between supervisors and direct reports.

Recently, author Stephen M. R. Covey hosted a webinar called “Trust is the Foundation of Innovation.” He made some interesting points about what he calls **The 5 Keys to Trust**. They are:

- **Trust leverages differences.** Not a lot of progress is made if groups or individuals do not trust each other.
- **The nature of business today is to partner, collaborate and innovate.** Trust is key in business today. It’s foundational.
- **Trust enables risk taking.** In a high-trust culture, more risks are taken. Colleagues are less afraid to make mistakes because they are looked at as learning opportunities.
- **A high-trust culture promotes learning.** In low-trust cultures, people hide things. Visibility and transparency are not very good because colleagues are in fear of being punished. In high-trust organizations, it’s OK to make a mistake, learn from it and move on.
- **Trust equals speed.** The higher the trust, the faster the organization moves.

Covey also points out that developing trusting relationships is a skill that can be taught. Start with yourself. Ask, “*Do I trust myself?*” If you can’t trust yourself, it will be hard to create trusting relationship with others.

Consider these questions:

- What builds trust?
- What breaks trust?
- How can colleagues hold each other accountable if trust is broken?

Share what you’re learning about trust in professional relationships by leaving a comment.

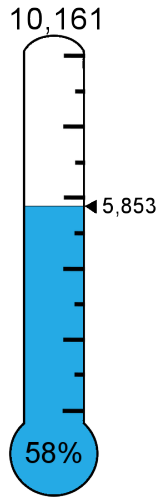
This entry was posted by [Admin](#) on March 25, 2014 at 11:36 am, and is filed under [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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Martha Teel 42 DAYS AGO

What a great summary of Covey's 5 Keys to Trust. Thanks for sharing! I would add that trust is the foundation of good relationships, and we all do our best work when we have strong, trusting relationships with our managers, our colleagues, and our patients. Likewise, our patients are loyal to us and spread the word about how great our network is based on those feelings of trust.

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## Epic Preparation: It's all in the Attitude

We are moving at warp speed toward the [February 2015 launch of the Epic electronic medical record \(EMR\) system in our ambulatory settings](#). And if you have been around the planet a few times, you know how fast time flies. There's no time like the present to begin thinking about how you will make your own transition to Epic as smooth as possible.



**"Patience, young grasshopper."** It is undoubtedly a little daunting to learn something new and different like Epic – but be patient in yourself and in the process. While the Epic EMR will be different than your current EMR experience, Epic is designed in a user-friendly format that will help you work more efficiently and proactively than before.

**Open your mind.** Be willing to give everything the Epic EMR offers a chance. Epic has a number of tools that will improve your workflow. As you get used to the new EMR, you will figure out what works for you and how you can personalize the system to make your job easier.

**Invest in your knowledge.** Beginning in January 2015, [training for ambulatory end users](#) will begin. When it's your turn for training, take the Epic classes seriously and invest yourself in the transition process. The better you know the system, the easier it will be use all the features Epic offers.

Most importantly, always remember to embrace the change! Epic is all about the patient and improving the quality and safety of care for each patient. By moving to the Epic integrated EMR, we will not only continue to provide high quality care for our patients, we will take that care to a new and improved level.

Learn more about the LVHN Epic transformation on the [LVHN Epic intranet site](#).

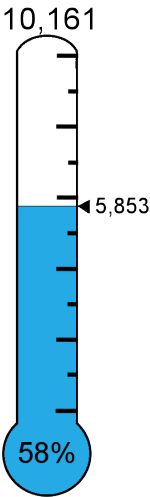
This entry was posted by [Jenn Fisher](#) on March 27, 2014 at 2:28 pm, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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## Wellness Wednesday – You Choose What’s Next



So far, you've learned how to [improve your sleep](#), [ensure you get enough protein in your diet](#), [make good use of your wellness dollars](#) and more.

Now it's your turn to pick upcoming Wellness Wednesday topics. What do you want to learn about?

Whether your question is about exercise, nutrition, stress management, weight management or a previously untouched topic, leave a comment and let us know what you want to know to help improve your overall wellness.

This entry was posted by [Amanda Coe](#) on March 26, 2014 at 2:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

### 3 comments

Janet Gross43 DAYS AGO

I'm a stress/boredom eater. What triggers eating for me and not for others, and what tips are there for working through those moments.

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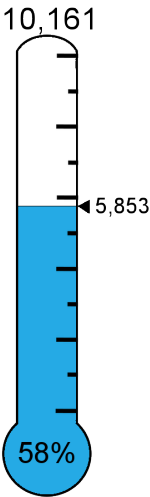
Janet Gross43 DAYS AGO

From a co-worker: Everything we see is coming out "gluten free", how is this beneficial and how does it affect those with celiac disease?

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Erin Holt 39 DAYS AGO

I’d like to see tips on how to avoid, or minimize, the dreaded ‘side stitch’ while running!

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## Rohit Sharma, MD, Feels Bond With Cancer Patients – VIDEO

We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

Rohit Sharma, MD, chose to become a surgical oncologist after his mother died of [pancreatic cancer](#).

"I can feel the bond when (my patients) are suffering from cancer, because I have personally gone through the feeling of being a next of kin," he says.

Sharma, who is board-certified in general surgery, sees patients at [Lehigh Valley Surgical Oncology](#).

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on March 24, 2014 at 8:45 am, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

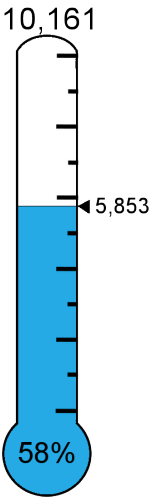
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